



OASIS FINTESS CENTER NOTES



The OASIS Fitness Center will be closed on Monday, February 18th in observance of President's Day



Signups for our Spring Fitness Challenge are coming in March. This year's challenge will focus on setting personal goals, accountability and accomplishing them.



We want to hear from you! From new equipment suggestions to staff kudos, we want you to help us continue to improve our services. Our suggestion box is located at the front desk.



Quick and convenient parking is available across the street in the public lot on Marguerite. Be sure to use the crosswalk when crossing the street.

THE IMPORTANCE OF HYDRATION By Livestrong.com

Your body loses water through sweating, breathing, going to the bathroom and digestion. Your body loses water even faster when the weather is hotter, which is why staying hydrated is key.

Although the amount of water everyone needs to stay hydrated is different because everyone's body is different, a general rule of thumb is to consume 2 liters of water or fluid per day (about 8 cups).

Try to drink these cups throughout the day to keep rehydrating your body. The more you exercise the more water you need to keep your body at its optimal, functional level.

Symptoms of dehydration include dry mouth or extreme thirst, inability to sleep, confusion, darker urine than usual, nausea, headache/ dizziness/light headedness, sleepiness/fatigue,



vomiting and/or loss of appetite. For more information, visit www.livestrong.com.

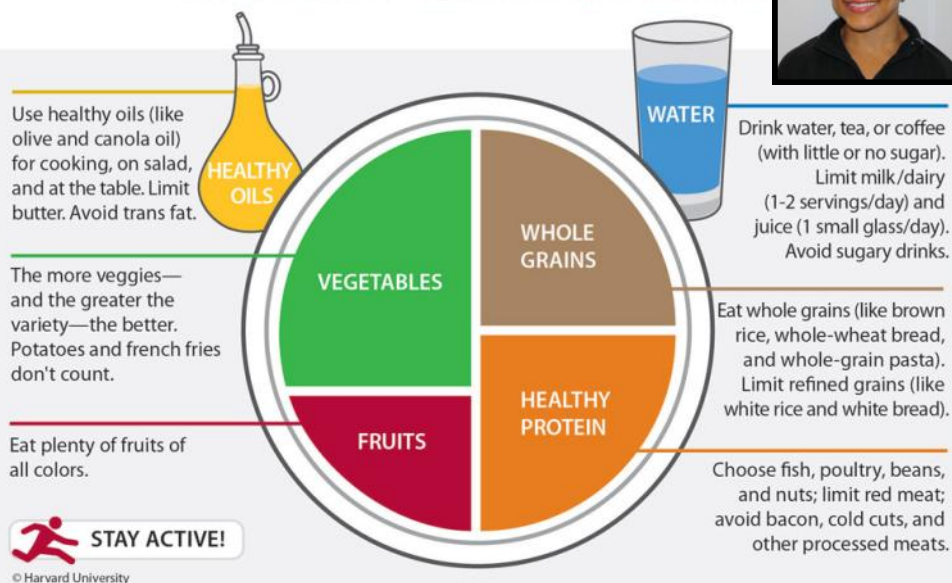
A HEALTHY EATING PLATE By Amanda Brown

Let the Healthy Eating Plate be your guide to planning a healthy, balanced meal and serving it on a dinner plate—or packing it in a lunch box.

Put a copy on the refrigerator at home or at work, to give you a visual guide to portioning out a healthy plate, and a reminder to pump up the produce.

Amanda Brown is a certified Personal Trainer at OASIS Fitness Center and a Registered Dietitian.

HEALTHY EATING PLATE



Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



PROPER GYM ETIQUETTE: By Justin Schmillen, OASIS Fitness Coordinator

As we head full steam into 2013 with new routines and resolutions, it is important to be aware of and practice proper gym etiquette. Some of these are no brainers but others you may not be familiar with, especially if this is your first time working out in a gym setting. Please help OASIS Fitness members and staff by following these rules and common courtesies. *(This article was inspired by OC Register columnist David Whiting's, article on 1/8/2013)*

WIPING DOWN MACHINES

Utilize the provided spray bottles and towels to wipe off equipment when you're finished. Wipe down your machine even if you or your machine are not covered in sweat. Be sure to share your spray bottle and towel with other members when there aren't any available. Bring your own towel with you to wipe down your face and body. If you are dripping with sweat, use your towel to wipe yourself off before getting on to the next piece of equipment. This will make for a cleaner facility and happier members.

WORKING OUT AND WORKING IN

When you're working out, work out. Be sure that you share equipment and do not monopolize any one piece of equipment for extended periods of time. Five to seven minutes is generally a good amount of time to exercise any one piece of strength or stretching equipment. If you're resting, daydreaming, checking your smartphone, reading e-mails, or watching television, please stand or find a place to sit.

Though the gym might appear half full or not seem busy, someone might be watching you from across the room waiting to use that piece of equipment. When you rest between sets, it is okay to stay on the machine if you limit your rest period to 30 seconds or less. If you plan to rest longer than 30 seconds, allow someone who is waiting to "work in" with you. "Working in" refers to allowing someone else to use a piece of equipment while you are resting in between your sets.



The work-in rule is simple: Always let someone work in. By allowing someone to use the equipment while you rest, instead of resting on the equipment, you ensure that the equipment can be used more efficiently and by more members. Be sure not to hover or intrude on the person's workout while you wait for them to finish their set.

USING THE EQUIPMENT PROPERLY

Avoid slamming or clanking weights stacks on machines, dropping free weights or being rough with equipment. Be sure that you are using all equipment for its intended purpose. This will help prolong the life of our equipment.

During peak hours and when others are waiting, be respectful of the 30 minute time limit on cardio equipment. If you have been on a piece of equipment for awhile, try to be conscious of when it is busy and when others are waiting to use equipment. Communicate with your fellow members or staff that you are waiting for your turn to get on the desired piece of equipment.

**DID YOU FORGET
YOUR TOWEL?**

OASIS Fitness Center
Towels are on sale
at the front desk for
only \$5!





PUTTING THE EQUIPMENT AWAY

Be sure that you return all equipment to its original location. Free weights, medicine balls and stability balls should go back on their racks. Resistance bands and tubing should be returned to their hooks. Yoga mats should be wiped down and hung up after use. Loose equipment used in the free weight area should be put back in the bin. Return spray bottles and towels on top of the cubbies after use.

CELLPHONES

Talking on cellphones is not permitted in the fitness center. If you do need to take a call, please go outside. When leaving cellphones in the cubbies or lockers, please turn them off or on silent.



YOU AND YOUR BELONGINGS

Place your belongings in a locker or cubby. No belongings may be left on the floor near exercise equipment. If you have keys, place them on the key hook board so others can use cubby space for larger items. Be sure to gather all your belongings before you leave, and double check that you are taking the right keys, sunglasses, jacket etc. Do not leave your belongings in lockers overnight. All locks left overnight will be cut and removed. The OASIS is not responsible for lost, stolen or damaged property left in the Fitness Center.

Appropriate clothing and athletic shoes must be worn at all times.

Flip flops or open toed shoes are not permitted in the fitness center.

Be sure to wear fresh clothes, deodorant, and avoid heavily scented perfumes, colognes and lotions to prevent offensive odors.

For the health and safety of yourself and those around you, please stay at home if you are sick or injured. Smoking, pets, gum, food and beverages other than water are not permitted in the fitness center.

Are You Making the Most Out of Your Membership?

Enhance and expand your daily routine with a workout program from one of our five personal trainers. Sessions and packages include a free initial consultation to learn more about your health and fitness goals and history. From there, trainers develop a specific plan tailored for you to help you get the results you want.

1 Hour Session: \$75

1 Hour Package: \$325

(Five 1 hour sessions)

30 Minute Session: \$40

30 Minute Package: \$350

(Ten 30 minute sessions)

YOU AND YOUR FELLOW MEMBER

Minimize conversing too loud (especially over headphone noise), loud volume on headphones or excessive grunts and groans while working out. Excessive noise can be very distracting. Refrain from using abusive or foul language. Please be respectful and courteous to all participants, personal trainers and fitness center staff. If there is an issue that needs attention, please talk to staff or the fitness center supervisor immediately.





“You are never too old to set another goal or dream a new dream”

- C.S. Lewis

FIVE COMPONENTS OF A FITNESS PROGRAM By Stephanie Strauss



Physical fitness is a general state of good physical health. Obtaining and maintaining physical fitness is a result of physical activity, proper diet and nutrition, and proper rest/recovery. Being physically fit

enables people to perform to their potential. Regardless of age, fitness can be described as a condition that helps individuals feel, look and do their best.

There are 5 health related components of fitness to be considered when embarking on a fitness program. These components are related to how well the systems of your body operate.

Cardiovascular Fitness: The ability of circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.

Body Composition: The relative percentage of body fat compared to lean body mass (muscle, bone, water etc).

Flexibility: The range of movement possible at various joints.

Muscular Strength: The amount of force that can be produced by a single contraction of a muscle.

Muscular Endurance: The ability of a muscle group to continue muscle movement over a length of time.

Some people enjoy doing cardiovascular exercise and spend most of their time on the treadmill or stationary bike. There is another group of people that spend most of their time working

on flexibility and the lengthening of their muscles. And there is another group of people that love lifting weights and focus on only doing that. I agree that moving the body in any capacity is a step towards fitness. We will see improvement and gains in the areas that we are continually working and developing, as any type of training is very specific. But by simply following our same routines, day after day, we often tend to plateau or develop repetitive use injuries.

It is important to spend time on each of the fitness components, which will lead to a higher level of fitness. I am suggesting that you challenge yourself and work on the fitness components that may be most challenging to you. Work on your weakest link, and find the fittest you.

Stephanie Strauss is a certified personal trainer at the OASIS Fitness Center.

